

I am special because there is something in this world only I can do!	I am capable, even when I make mistakes.
I am brave for trying and I grow stronger every day.	I am creative, caring, and positive.
I am worthy of all my hopes and dreams.	I choose my attitude each and every day.
I am enough. I am special. I am ME!	I fill the world with joy.
My challenges make me stronger. All my problems have solutions.	My body is strong and helps me do great things.
I don't compare myself to others because I like being me so much.	I have people in my life who love me.
I see the good in situations.	I am a champion for myself and my friends.
I can make healthy choices. I can and I will!	